



State of North Carolina
Office of the Governor

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GOV. EASLEY URGES CITIZENS TO BE SAFE IN THE SUMMER SUN

RALEIGH – As North Carolinians take advantage of summertime outdoor activities and families head off on vacations at the beach or mountains on this Fourth of July holiday, Gov. Mike Easley today reminded everyone to take some simple precautions to prevent skin cancer. Even blistering childhood sunburns, according to health officials, can double the risk of developing skin cancer later in life.

“The good news is that skin cancer is almost totally preventable if we all take simple preventive steps,” Easley said. “Just by applying sunscreen and seeking shade during the middle of the day when rays are strongest can greatly cut risks of developing skin cancer.”

To prevent over exposure to the damaging effects of the summer sun, the N.C. Division of Public Health recommends:

- Seeking shade when outdoors, especially during the midday (10:00 a.m.- 4:00 p.m.).
- Using a sunscreen with a sun protective factor (SPF) of at least 15 or higher and making sure the sunscreen protects against both Ultraviolet-A (UVA) and Ultraviolet-B (UVB) rays.
- Wearing sunglasses that block both UVA and UVB rays.
- Wearing a wide brimmed hat
- Covering up with comfortable clothing to protect exposed skin.

A history of sunburns early in life is one of the risk factors for developing skin cancer later on. Other risk factors include: light skin, hair or eyes; a family history of skin cancer; and exposure to the sun through work and play.

For more information, call the National Cancer Institute’s toll free line at 1 800 4 CANCER at (1-800-422-6237) or go to the Centers for Disease Control and Prevention web site at:
www.cdc.gov/cancer/skin

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